

PRINCESS ANNE MIDDLE SCHOOL

Health and Physical Education Course Expectation Sheet 2011-2012

Teacher: Mr. Brewer

Class: Health and Physical Education 8

School Telephone (757)-648-4950 voice mail box # **72009**

Email: ambrewer@vbschools.com

Assignment Information:

Best time to call: 1:55 – 2:45 pm

Course Description: Health and physical education is designed to assist students in achieving the knowledge, skills, attitudes, and appreciations essential for effective living. It also contributes to the optimum physical, mental, social, and emotional growth of each individual.

Course Objectives: (Will be posted in the classroom)

Course Scope and Sequence:

Health

First Semester students will study:

Personal Fitness, Nutrition and Emotional Physical Health, Health Risk Behaviors.

Second Semester students will study:

Managing Personal and Family Health, Community Health and Wellness

Physical Education

Movement activities may include: aerobic activities, jogging/running, strength exercises, walking, racquet sports, golf, Frisbee golf, track and field, weight training, basketball, cooperative games, flag football floor hockey soccer, softball, volleyball, styxball, line dances and rhythm activities.

Texts and Material: Teen Health, Course 3 (Glencoe, 2005)

Health – textbook, three pronged folder, paper, pens/pencils, coloring supplies, and glue

Physical Education – **All students are required to wear the Princess Anne Middle School physical education uniform.** The uniform consists of a **grey PAMS PE shirt, blue PAMS athletic shorts, socks and tennis shoes.** The PAMS PE shirt and shorts must be purchased at the school bookstore. The cost is \$12 total for the shirt and shorts. Students will be required to place their first initial and last name on both their shirt and shorts in permanent marker. All PE students will be required to wear tennis shoes that lace up properly and securely. There are **absolutely no flip flops in PE class. (Students will not be allowed to participate and will lose all their points for the day.)** Students may wear a jacket, sweatshirt and sweat pants over the shirt and shorts if needed. Each student will be issued a **school lock** for use on his or her locker in the locker room. Students will not be permitted to bring a lock from home. Lost locks or textbooks will be assessed through the bookkeeper and reissued upon payment.

Assessment Measures: A student's grade will be based on tests, quizzes, homework, class work, projects, notebook, being prepared for P.E. activities, participation, skill assessment, knowledge of rules and game play. Allow two weeks for Health grades to be posted.

Grading Scale:

A = 100-93 A- = 92-90 B+ = 89-87 B = 86-83 B- = 82-80 C+ = 79-77 C = 76-73
C- = 72-70 D+ = 69-67 D = 66-64 E = Below 64

Grading Procedures and Policies:

Health (40%) Tests and projects grades are counted twice, notebook assignments, and quizzes are counted once. All homework assignments are due on the day assigned. When a student is absent, it is his/her responsibility to obtain the missed assignments. If all make-up work is not made up within one week of a student's return to school, the grade will become a zero. Allowances will be made for extenuating circumstances.

Physical Education Participation (60%) Students will receive a weekly Physical Education grade totaling 100 points. Each day of the Physical Education week will be worth 20 points. Students will be assessed as

follows: 3 points for dressing out properly, 7 points for cardiovascular/warm up activities, and 10 points for the activity for the day.

HEALTH (40%) +PE PARTICIPATION (60%) = HEALTH & PE GRADE

Help Sessions: Students may come in on Wednesday mornings between 8:15-8:45 to the women's PE office if they need any additional help.

Procedures for conferences, parent contacts: Parents/guardians should call Mr. Brewer to arrange a conference when necessary. **648-4950 voice mailbox #72009 or email ambrewer@vbschools.com**

Citizenship Expectation: Students are expected to be on time and prepared, show self-control, respect for self and others, be polite to others, and show quality work.

***** Use of the school-wide behavior management system for consequences of interruption of instruction will be utilized.

The following plan will be followed **when students do not dress properly for Physical Education class:**

1st time a verbal warning/phone call to parent from the teacher.(loss of points)

2rd time will be teacher detention/ phone call to parent.(loss of points)

3rd time will be referral- Administrative detention

4th time will be referral- ISS

General Information: Students that are ill or injured should bring a note from the parent/guardian. In the event of a prolonged illness or injury lasting more that three PE days, a doctor's note should be provided. The student should still dress out for P.E. if possible.

Parents please read and discuss the class expectations with your child. Thank you for your support.



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Please sign and return to Mr. Brewer

We have read the information on the **COURSE EXPECTATION SHEET** for **HEALTH and PHYSICAL EDUCATION 8.**

Student's Name (**PRINT**)

Bell_____

Student Signature _____

Parent/Guardian Signature _____

I can be reached at the following number during the school day:

My E- mail address: _____